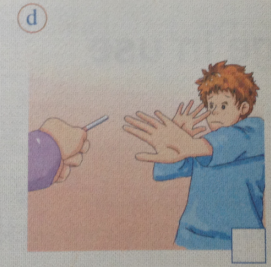
**Module 5 Look after yourself**

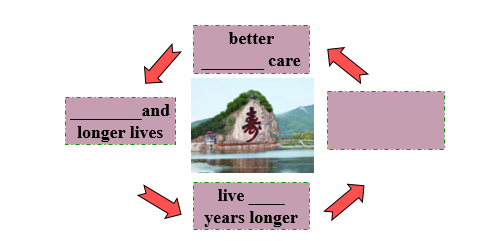
**Unit2 Get off the sofa!**

基础性作业

**Ⅰ. Write down the rules under the pictures.**

** **

**II. Complete the diagram and try to write a short passage about the long life today.**



**III.** **Complete the passage with proper words.**

Most people are living healthier and longer now. Remember these five rules for your healthy life. First, \_\_\_\_\_\_\_\_ the sofa. To keep fit, you have to walk at least 10,000 steps every day. Try to get \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of exercise today as people did in the past. Second, eat healthy food. It’s important to eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food, instead of fast food. Third, rest while you can. Try to get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ every night and have enough rest at weekends. Fourth, do not worry. Be happy. When \_\_\_\_\_\_\_\_\_\_\_\_\_ the difficulties of school, exams or friendships, talk with parents or teachers. Fifth, \_\_\_\_\_\_\_ to smoking, for smoking is dangerous and it \_\_\_\_\_\_ both your body and others’ health!

拓展性作业

Read the passage in Activity 2 again. Think of one more example of what you should or should not do for each rule of your own.